



*Helpful Guide  
for Cancer Patients and Carers*

Prepared by The Jim Bacon Foundation

# The Jim Bacon Foundation

The Jim Bacon Foundation provides practical support and financial assistance to cancer patients and organisations that support them during their treatment.

The Jim Bacon Foundation puts a very human face on providing practical and immediate assistance to those who need it most by addressing a range of needs as they are identified by the individuals involved and at the discretion of those providing care. All funds raised are distributed to service providers who work directly with the patients, carers and families.

Jim Bacon spent 25 years working in the union movement representing others and in 1996 became a Member of Parliament. In 1998 he was proudly elected Premier of Tasmania, a position he held until his resignation in March of 2004. The Jim Bacon Foundation was formed after Jim was diagnosed with inoperable lung cancer and his untimely death in June 2004.

During Jim's treatment he raised \$40,000 to buy much needed recliner chairs and equipment for the Royal Hobart Hospital, Spurr Wing Launceston and the Launceston General Hospital. Jim's ethos was always to improve the quality of people's lives and the foundation continues this ethos.

This booklet was put together as a direct result of the information we needed to know during not only Jim's treatment, but the many people we became involved with and who also shared this journey. I would like to thank all who have contributed to this bank of helpful hints and information which I hope will assist you in your journey and recovery.

## ***Honey Bacon***

For more information on the Jim Bacon Foundation please go to:  
[www.jimbaconfoundation.tas.gov.au](http://www.jimbaconfoundation.tas.gov.au)

Or Executive Officer  
Jim Bacon Foundation  
GPO Box 123 Hobart Tasmania 7001  
Ph: (03) 6233 7905

# Contents

The Jim Bacon Foundation	2
When Family and Friends Ask What They Can Do To Help	4
When Friends And Family Want To Help...	5
Practical Tips for The Patient and Carer	6
General Housekeeping Help	9
Patient/Carer Hospital Help	10
Are There Children?	12
Assistance With Pets	13
Other Household Tasks You Can Offer To Help With	14
Want to Provide Something?	15
Names of Doctors and Specialists	18
Names of Your Family and Support Group	19
Medical Accounts	20
Visits, Reviews and Tests	21
Who's Doing What	22
Quick Guide to Cancer Support Services	23
Notes	30

# When family and friends ask what can they do to help

1. Give them a list of things to arrange for you.
2. Give blood to Red Cross.
3. Arrange a roster for help in the house and for regular breaks for the primary carer.
4. Get training on the required needs as soon as possible.
5. Cook up lots of extra food to freeze.



# When friends and family want to help...

Friends and family often want to do something to help out or provide support but don't know what you need or how to go about this. They may ask you what you would like them to do but sometimes it isn't easy to think of things that they can assist you with.

This booklet is designed to give you some helpful ideas about things you may require assistance with. There may be many items that you readily identify with and others that aren't relevant to your situation.

Have a read through and record any that you would like help with so the next time a friend or family member offers to help you will have some suggestions.



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# Practical tips for the patient and carer

It is easy to become overwhelmed with information from doctors, nurses and other medical professionals coupled with the ongoing health needs of yourself or your loved one and other associated stress. These tips are designed to help provide you with some ideas for managing some of the practical aspects of your experience.

- Take to all appointments: Pad paper, a notebook or diary and a pen.
- Keep a diary or appointment book to record important dates and appointments.
- It is not always easy to remember every question or concern you would like to discuss during doctor/specialist appointments. Write down any questions in advance that you would like to ask the doctor/specialist and take these with you to the appointment.
- During appointments you will generally have a limited amount of time in which a lot of information will be conveyed to you. It is easy to become overwhelmed or bombarded with information and consequently it is often difficult to remember it all. It may be useful to write down the important points during this time for later reference.
- Keep a folder to store current bills/accounts, messages, get well card/letters and treatment information.



# Practical tips for the patient and carer (continued)

- Make a list of emergency contact numbers, important family contacts and the phone numbers of treating doctors and carry it with you at all times.
- Start a file for all of your accounts to keep track of them.
- Dedicate a clear work surface for all your medical information and associated products. Trays are a good idea as all products can be moved out of the way when necessary.
- Register for the Safety Net for Medicare and Pharmacy or Private Health Fund.
- Investigate if you (or your partner/carers) is eligible for the Carers allowance through Centrelink. You can do this over the phone if preferable.
- Speak to your local Pharmacist about storing prescriptions and starting an account for the medications. Include scripts and non-scripts and other items required (eg., bandages, throat lozenges).
- Remove or dispose of all unnecessary medications. This will avoid confusion and ensure correct medication is being taken.
- When you receive the medication sheet make some photocopies of it and retain the master copy. That way you will have spare copies to make changes when needed. You will also be able to write notes against medication if needed and show your doctor or community nurse if necessary. Staple the medication sheets together.
- Ask your family or friends to help you out with different tasks. Alternatively, community nurses or palliative care nurses can be arranged to provide home assistance.
- Have the Occupational Therapist from the Hospital assess your home for the needs of the patient to make showering, sleep and seating more comfortable.
- Ask your Doctor and the Hospital for all information on pain management if the patient is immobile for long periods of time.
- Keep a list of your shopping needs as your time and energy may become very limited. Make one trip instead of many or better still ask a family member or friend to do it for you.
- Make in bulk, broths, stews, casseroles, soup, or any thing that is nourishing and suitable for the patient, family and carers and pop it into the freezer in meal sized proportions. You will then always have good quality food when needed.
- Stock up on ice-cream, ice-blocks, cold drinks, lemonade, and soft foods like custard. Sustagen, Resource Plus Health drinks, milk powder for extra protein in milk shakes and egg flip ingredients are also great to have on hand.

# Practical tips for the patient and carer (continued)

## Useful items you may like to locate or invest in:

- Make sure you have a thermometer, preferably one that is easy to read.
- Ice cube trays (you will need many of these).
- A water measure (at least to 500 mls).
- You may need a Mortar and Pestle to grind up tablets. Plunger and droppers should be supplied by the nursing staff (if not, just ask).
- Small plastic bowls (sick bowls). Place these in convenient areas of the house, next to the bed, in the bathroom, sitting room or lounge area.
- Heat/cold packs or wheat bags can really help to ease pain in affected areas and the discomfort of sitting for long periods of time.
- Power Board. You will find these come in handy if you require additional electrical equipment or need to add more to an area. They are easier to locate and use than a generic power-point or long extension cords.
- A torch and spare batteries. This allows you to easily check on the patient without disturbing them while they are resting.
- An easy action bedside lamp. Touch lamps are great, either electric or battery operated.
- You will probably require extra face washers, hand towels, tea towels or extra bed-linen including sheets and pillow cases.
- Lots of paper towels, tissues (Aloe Vera tissues are very soft and excellent), sanitary wipes, waste paper baskets/buckets (including plastic bin liners).
- Use an antiseptic soap or hand wash in the kitchen and bathroom. This will help to kill germs and reduce the chance of infection occurring.
- A battery-operated doorbell or walky-talky set is a great way of communicating whenever the patient needs you. It will also give you the freedom to be anywhere in the house or garden and be contacted when needed.
- A material or lightweight bag, big enough to carry x-rays to appointments. One that has a shoulder strap so it is easy to manage. The Doctors may need to regularly compare the old x-rays with the new ones.
- A smaller bag will be very handy for transporting medications.
- Sheepskins are handy for comfort both in the house or car. It will help with sore spots. A small bit of sheepskin attached around the seat belt may help as well (eg., attach with Velcro).
- You may find that you are frequently not at home, don't have time or are not able to get to the phone. In these instances it may be useful to set up Telstra 101 message bank, an answering machine or a phone silencer.
- *Sorbolene Skin Cream\** is great for those undergoing radiotherapy to ease pain and stop burns from drying out (use as many times a day as possible).

\* Please check with your radiotherapy nurse or your doctor.



# General Housekeeping Help

This list refers to specific household chores that you may require assistance with. You may like to draw up a roster or suggest times that you would like some help in the house. This can be a regular event, for example – home-help once or twice a week on set days or it may be that you would only like help at certain times (eg. during treatment or hospitalisation periods).

- Household washing
- Ironing
- Washing floors
- Cleaning the bathroom/shower
- Cleaning the toilet
- Cleaning the laundry
- Vacuuming/Sweeping the floors
- Dusting
- Arranging for someone to close the curtains and turn on lights in the house if no-one is home
- Bringing in wood (for those with a wood heater)
- Setting the fire/wood heater so it is ready to be lit
- Lighting the fire
- Clean out the ash from the wood heater/fireplace
- For gas heating – are the bottles full or do they need to be re-gassed?
- Cleaning out heat pump air filters
- Washing up/drying up/put away
- Load the dishwasher
- Unload dishwasher/put away
- Plan meals for the coming week – patient, carer & family
- Make a list of food that patient/carers like and give the list to those that want to help with cooking
- Organise a roster regarding the cooking of the meals (eg., who will cook what dishes and when this will be done to avoid doubling up)
- Organise containers to be put in freezer clearly labelled with contents and date

# Patient/Carer Hospital Help

This assistance may only be required during times of patient hospitalisation or treatment. The things included on this list provide practical suggestions that people can assist you with which may really alleviate some of the stress associated with treatment periods.

- Organise transport to and from the hospital for patient/carer – it is often very difficult for the patient to walk a distance to the car after treatment and for the carer who doesn't want to leave the patient whilst they park a car, feed the meter or get their car out of car park at a certain time.
- Fold up bed & bed linen for the carer to stay in overnight with the patient.
- Collect dirty washing from hospital and bring in clean clothes, underwear etc. if required.
- Purchase any toiletries that may be required in hospital (eg. special soaps, deodorants, sanitary wipes, bandages).
- Go to shop for the patient/carer if something is required whilst patient is in hospital (eg., certain food items, magazines, throat lozenges).
- Cook or buy nutritious meals to bring into the hospital. Meals are usually not supplied for carer so this may involve bringing in breakfast, lunch or dinner or purchasing something for them to eat/drink.
- Ensure the carer has money on them for things like phone calls, newspaper, parking meter, food/drink or television access (for inpatients).
- An easy to read clock.
- Mobile phone & charger.
- Water bottle for carer.
- Blistex lip conditioner or similar.
- Bring in some old magazines/books for the patient and carer to read.
- Help for the care giver.

# Patient/Carer Hospital Help (continued)

The care giver, partner or support person who is looking after the patient can often be really overwhelmed, overworked, emotional and tired. They may overlook their own needs as they are focused on providing care for the patient and as a result become run down or not well themselves. The items on this list provide suggestions or ideas that friends/family can help out with, which may really help to alleviate some of the pressure and stress that may be associated with care giving.

- Arrange to spend time with patient without the carer present so the carer can get hair done, have an uninterrupted sleep, have a long hot soak in the bath, or pay bills/do housework etc.
- Arrange transport to or from the hospital for the patient and carer.
- Arrange to spend time with carer away from the home or hospital e.g. catch up for a coffee and chat. This provides the carer with an outlet to express their feelings and emotions about their experience and how they are coping.
- Organise a facial or massage or even a neck, hand, foot massage for the care giver.
- Listen to the care giver - no suggestions or answers required - just let them talk and listen.
- Offer to help by providing home help, cooking meals, providing transport, looking after the children/pets/house or do the shopping.



# Are there children?

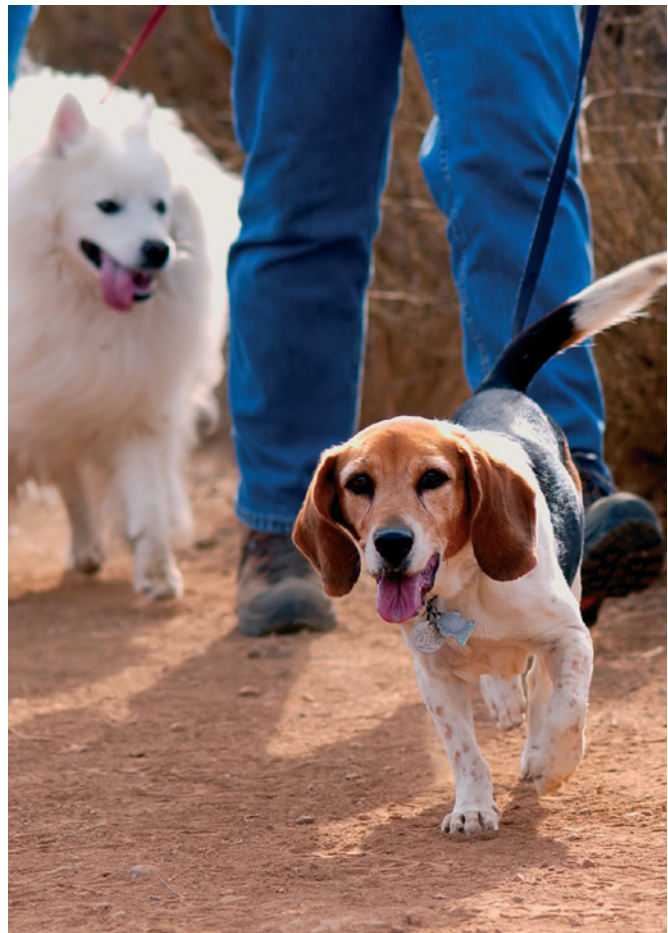
For patients/carers who have children or pets, it can become very difficult to juggle the tasks associated with parenthood combined with the illness demands. This list contains some practical ideas or suggestions that you can be assisted with when people want to help.

- Offer to look after the children during times of hospitalisation or intense treatment.
- Take the children for a walk or to a park/cinema or anything that allows them to let off steam, unwind and feel they are being taken care of too.
- Organise for quiet indoor games with the children e.g., board games, cards, these can be borrowed from friends, library or school.
- Offer to help the children with their homework.
- Cook a BBQ for the children.
- Organise to take or collect the children to or from school, the bus stop or a friends' house.
- Offer to take/collect or attend the children's sports/recreational events.
- Help to get children organised for school morning.
- Wash/iron school uniforms or clean shoes.
- Organise school lunches and school bags.
- Help children with their rooms and cleaning up toys etc.
- Organise diaries for children to express how they feel with what is happening around them.
- Depending on the age of the children: offer to help the children prepare meals, help with the washing and helping out around the home.
- Help children look after their pets by playing with them, grooming them, taking for a walk, clean bowls, fill water bowls, bedding etc.
- Organise a sing-a-long or a family day – video tape the event.

# Assistance with pets

Much like children, pets require constant care, affection and looking after. It may be difficult for the patient/carer to be home to do this or due to the illness they may need to avoid contact with the pet due to a lowered immune system. Here are some ways that family or friends can provide some assistance for the family pet/s.

- Offer to feed the pet in the morning/evening. This may include cleaning the animal bowls, cleaning out any litter trays or cleaning up after the pet.
- Offer to walk the dog in the morning/evening.
- Fix/clean the pet bedding daily/weekly.
- Offer to buy animal food.
- Offer to take the dog/cat for a grooming/bath.
- Offer to take pets to the vet for their annual checks/injections etc.
- Offer to spend time playing with the pets so they don't feel ignored.
- Take the dog for a drive in the car or to a council dog area and let them have a good run.



# Other household tasks you can offer to help with

- Collect and sort the mail i.e. letters, bills, catalogues and junk mail
- Post mail as needed
- Pay bills eg Aurora Pay as You Go, Telstra
- Do the grocery shopping with the list provided
- Go to chemist & collect scripts
- Organise hairdresser to visit the house if required
- Offer to contact people on behalf of the patient/carer to thank them for good wishes and provide status updates
- Offer to write cards/letters in return to people
- Take goods to dry cleaners
- Answer the phone/take messages/write down messages from answering machine
- Provide an answering machine if the patient/carer doesn't have one
- Water the indoor pot plants
- Wash the windows
- Help out with gardening
- Look for areas needing cleaning up – a bit of a backyard blitz
- Drop the car into be serviced, fill with petrol, check oil and tyres
- Organise help if ramps are needed. Do whatever can be done to help.



# Want to provide something?

Here is a summary list of things you may like to provide for the patient/carer. It's not always possible to find the time to assist with many of the tasks, so sometimes people prefer to buy or provide items that will be of use to the patient/carer. Note – some of these items have already been mentioned elsewhere in this booklet. This list serves as a summary for all the items that may be required.

- Sheepskins – full length for pressure areas on body i.e. shoulders, hips, heels & elbows get very tender when laying, another for a recliner or chair, another for the car, a small bit to wrap around the seat belt
- Sheepskin booties
- Heat packs, wheat bags - these come in all shapes and sizes
- Fold up bed for the carer for hospital, there are very few available in hospital
- Bedding for fold up bed for carer (pillow, doona, sheets)
- Medicine cup
- Thermometer – easy to read
- Soft tissues (Aloe Vera are excellent)
- Sorbolene Cream
- Sustagen – hospital strength is the best
- Ice cream
- Ice cube trays
- Ice crusher
- Ice shaver
- Straws for drinking
- Bottles of lemonade/black currant juice/soft drinks
- Soft long life food eg., custard
- 2 x water jug with a lid & easy to pour & not too heavy
- Water drink bottle for hospital for carer

# Want to provide something? (continued)

- Blistex or lip conditioner for lips
- Bedside tray
- Bedside table
- Mortar & pestle to grind up medication
- Antiseptic hand wash liquid
- Spare pillows and pillow cases
- Neck pillow and pillow case
- Tri-pillow and pillow case
- Spare hand towels
- Spare face cloths
- Spare bath towels
- Spare bath mats
- Extra linen – (soft sheets, pillow cases, doona covers)
- Touch lamp
- Toiletries
- Torch
- Batteries
- In house monitor, or battery operated doorbell – so carer is on hand at a moments notice
- A carry bag big enough for carrying x-rays (with shoulder strap)
- A small carry bag for medications
- A bag for hospital gear
- Soft sleeping attire (e.g., nighties, pyjamas)
- Slippers
- Dressing gown
- Scarves/beanies
- Warm rug
- Table fan
- Washing liquid/powder
- Power board
- An easy to read clock
- Waste paper baskets and bin liners
- Buckets/dirty linen container
- Paper towels
- A hands free shower head
- Someone to install the hands free shower head
- Hire a shower chair
- Hire a wheel chair
- Hire a toilet chair
- Recliner chair
- Hire walkers/other aids required
- Obtain a mini fridge
- Magazines, reading material
- DVDs/videos, CDs/tapes
- Whiteboard – for rostered help
- Mobile phone credit
- An extra mobile phone charger (for the hospital)
- Lozenges, chews (lollies) etc for patient and carer
- Calendar/diary for appointments etc



# Want to provide something? (continued)

- Note paper/pen
- Envelopes and stamps
- A folder that can be closed without papers falling out
- Daily diary or journal
- Micro cassette recorder
- Batteries for micro cassette recorder
- Tapes for micro cassette recorder
- Donate containers for food – remembering: microwave, freezer, dishwasher or oven safe
- Donate small containers with lid or small bowls for food
- Buy groceries for meals
- Donate firewood or offer to help stack wood
- Gift to them money for Pay as You Go/other bills
- Gift a petrol voucher
- Gift a taxi voucher (if no transport)
- Gift a food voucher
- Gift a store voucher (for goods listed)
- Gift a hairdressing voucher
- Gift a massage voucher
- Gift a day trip or weekend away
- Organise a 'Wish' to happen – it doesn't need to be expensive
- Use all network contacts to make things happen



# Fill in name of your doctor and specialist

Patient's name .....

Patient's address .....

## General Practitioner

.....

Ph 9-5 .....

A/H .....

## Chemotherapy Specialist

.....

Ph 9-5 .....

A/H .....

## Radiation Specialist

.....

Ph 9-5 .....

A/H .....

## Emergency

Contact .....

Ph .....

## Dietician

Contact .....

Ph .....

## Holman Clinic

Contact .....

Ph .....

## Discharge for home care

Contact .....

Ph .....

## Community Nurse 8-4.30pm

Contact .....

Ph .....

A/H 6-10.....

Weekends

## Independent Nurse Service

Contact .....

Ph .....

## Hospital

Phone 9-5 ..... A/H .....

## Out Patients Oncology

Contact ..... Ph .....

## In Patients Oncology Ward

Contact ..... Ph .....

## Community Palliative Care

Contact ..... Ph .....

## Occupational Therapist for home equipment

Contact ..... Ph .....

## Oxygen requirements

Contact ..... Ph .....

# Fill in names of your family and support group

Name .....

Contact .....

Phone .....

Name .....

Contact .....

Phone .....

Name .....

Contact .....

Phone .....

Name .....

Contact .....

Phone .....

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Name .....

Contact .....

Phone .....

# Medical accounts

Accounts	Visit Date	Bill Received	Bill Claimed	Cheque Received	Gap Payment	Full Payment
General Practitioner						
Oncology Doctor						
Radiotherapist						
Surgeon						
Anaesthetist						
Pathology Service						
Home Pathology						
Dentist						
Pharmacy Scripts						
Other Pharmacy Items						
CAT scans						
Pet Scans						
X Rays						
Equipment hired/purchased						
Independent Nurse						
Community Nurse						
Pharmacy Hire						
Hospital Admission Fees						

# Visits, reviews and tests

	Start Date	Finish Date	Details
<b>GP</b>			
<b>Oncology Specialist</b>			
<b>Radiation Specialist</b>			
<b>Pathology Test</b>			
<b>Xrays/Scans</b>			
<b>Holman Clinic</b>			
<b>Oncology Out Patients</b>			
<b>PET/CT Scan</b>			
<b>Surgery</b>			

# Who's doing what

Task	Name	Contact Number	Date

# Quick guide to cancer support services

## Southern Tasmania

Where and what is available for people with cancer and their carers.

### General Support and Information

#### **Cancer Support Centre Southern Tasmania**

180 - 184 Collins St Hobart 7000

**Contact – 03 6233 2088**

The **Cancer Support Centre** maintains an extensive library of information resources that are available for loan. Trained Support Workers can provide emotional support and relevant information.

No appointment is necessary and the Centre is open between **9:00am and 5:00pm**, Monday to Friday.

**The SunSmart Shop** offers an excellent range of well-priced hats, sunscreen and sunglasses as well as other protective products. The Shop is open 9:30am – 4:30pm Monday to Friday.

#### **Cancer Council Helpline**

Information about cancer and support services for the cost of a local call.

**Contact – 13 11 20**

### **Cancer Connect**

Provides personalised peer support for people with Cancer by matching them as closely as possible with a specially trained Support Worker who has been through a similar experience.

**Contact – 6233 2088**

### **Cancer Council Support Groups**

For meeting times, dates and further information, please phone the contact numbers given below.

#### **Prostate Cancer Support Group**

Meets monthly.

**Cancer Council – 6233 2088**

#### **Living with Cancer Support Group**

Meets monthly.

**Contact – 6233 2088**

#### **Semi Colons Tasmanian Bowel Cancer Support Group**

Meets monthly.

**Contact – 6233 2088**

# Quick guide to cancer support services

## Southern Tasmania

Where and what is available for people with cancer and their carers.

### **East Coast Cancer Care Support Group**

Meets 1st Wednesday every month from 1:30 - 3:30pm. The venue alternates between Spring Bay Community Centre, Triabunna and East Coast Health & Wellbeing Centre, Wellington Street, Swansea.

**Contact – 6233 2088**

### **Other Cancer Support Groups**

#### **New Norfolk Can Hope Cancer Support Group (Affiliated)**

Meets monthly on Wednesday at the New Norfolk (State) Library.

**Contact – 6261 3272**

#### **Taking the Next Step Support Group**

For those dealing with leukaemia, lymphoma, myeloma etc.

**Contact – 1800 620 420**

#### **Breast Cancer Support Group**

**Contact – Hobart Women's Health Centre 6231 3212**

### **Tasman Cancer Support Group**

Meets 3rd Monday of every month.

**Contact – Alison Shoobridge 6250 2173 or Elaine Ball 6250 2427**

### **Services**

#### **Breast Cancer Support Service**

Personalised support from trained Support Workers who have themselves experienced breast cancer. Visits are, by individual request, either at home, in hospital or at the Cancer Support Centre.

**Contact – 6233 2088**

#### **Living with Cancer Education Program**

A six or eight-week course for people with cancer and their carers dealing with all aspects of living with cancer.

**Contact – 6233 2088**

#### **Cancer Plus**

Aims to help Tasmanian families of children with cancer during treatment and recovery. It can provide financial assistance to reunite families who have been separated because of treatment.

**Contact – 6233 4762**



# Quick guide to cancer support services

## Breast Prosthesis Scheme

Ensures equitable statewide access for those requiring breast prostheses following breast cancer surgery, by providing financial assistance to those with a demonstrated need.

**Contact – Helpline 13 11 20**

## Transport to Treatment

Provides a range of transport options and travel assistance for cancer patients and their carers. Treatment centres organise transport when booking treatment program.

**Contact – 6233 2030**

## Cancer Council Supported Programs

### Look Good... Feel Better

A Cosmetic Industry Community Service program for men and women having treatment for cancer. Morning workshops are held every six weeks. Contact WP Holman Clinic.

**Social Worker – 6222 8354**

### Cancer Council support nurse

Offers support for those diagnosed with cancer and their family, to deal with the distress of diagnosis and management of treatment.

**Contact – 6233 2030**

## Encore

An exercise program designed specifically for women who have undergone breast cancer surgery. Safe, fun and therapeutic, it helps boost self-esteem and regain a positive outlook.

**Contact – Hobart Women's Health Centre 6231 3212**

## Health Care Professionals/Organisations

WP Holman Clinic	<b>6222 8610</b>
Community Breast Care Nurse	<b>6222 7602</b>
Palliative Care (Whittle Ward)	<b>6220 2400</b>

### Support group for Care Givers

Meets monthly.

**Contact – 62332088**

# Quick guide to cancer support services

## Northern Tasmania

Where and what is available for people with cancer and their carers.

### General Support and Information

#### The Cancer Council Tasmania Northern Tasmania

Shop 5  
Jimmy's Shopping Complex  
216 Charles Street  
LAUNCESTON

**Contact – 6336 2041**

**The Cancer Support Centre** provides an extensive library of books and videos that are available for loan. Trained Support Workers can provide relevant information and emotional support.

No appointment is necessary, and the Centre is open between **9.00am and 5.00pm** Monday to Friday.

The **SunSmart Shop** offers an excellent range of well-priced hats, sunscreen and sunglasses as well as other protective products.

#### Cancer Helpline

Information about cancer and support services for the cost of a local call. Available 9.00am to 5.00pm Monday to Friday.

**Contact – 13 11 20**

### Cancer Council Support Groups

For meeting times, dates and further information, please phone the following contact numbers

#### Prostate Cancer Support Group

Meets monthly.

**Contact – 6336 2566**

#### Campbell Town Cancer Support Group

Meets the 3rd Tuesday of every month at Campbell Town Health and Community Services.

Time: 6.00pm

**Contact – 6381 3300**

### Other Cancer Support Groups

#### Taking the Next Step Support Group

(Leukaemia Foundation) For those dealing with leukaemia, lymphoma, myeloma etc. Meets monthly.

**Contact – 1800 620 420 for venue information**

#### Launceston Breast Cancer Support Group

Meets monthly.

**Contact – 6336 2041**

#### 'C' Change Cancer Support – West Tamar

**Contact – 6336 2041 for details**

# Quick guide to cancer support services

## Services

### Breast Cancer Support Service

Support from trained Support Workers who have themselves experienced breast cancer.

Visits are, by individual request, either at home, in hospital or at Cancer Council.

**Contact – 6336 2566**

### Cancer Connect

Provides personalised peer support for people with cancer by matching them as closely as possible with a specially trained Support Worker who has been through a similar experience.

**Contact – 6336 2566**

### Living with Cancer Education Program

An eight-week course for people with cancer and their carers dealing with all aspects of living with cancer.

**Contact – 6336 2041**

### Cancer Plus

Aims to help Tasmanian families of children with cancer during treatment and recovery. It can provide financial assistance to reunite families who have been separated because of treatment.

**Contact – HelpLine - 13 11 20**

### Breast Prosthesis Scheme

Ensures equitable statewide access for those requiring breast prostheses following breast cancer surgery, by providing financial assistance to those with a demonstrated need.

**Contact – HelpLine - 13 11 20**

### Cancer Council Supported Programs

#### Look Good... Feel Better

A Cosmetic Industry Community Service program for men and women having treatment for cancer. Morning workshops are held every six weeks. Contact Holman Clinic.

**Social Worker – 6348 7140**

### Health Care Professionals/Organisations

WP Holman Clinic	<b>6348 7140</b>
Calvary Healthcare St Lukes	<b>6335 3333</b>
Community Breast Care Nurse	<b>6336 5155</b>
Palliative Care	<b>6336 2229</b>

### Cancer Council Nurse

Offers support for those diagnosed with cancer and their families to deal with the distress of diagnosis and management of their treatment.

**Contact – 6421 7894 or 0408 378409**

Launceston Cancer Support Groups **Contact 6336 2566**

# Quick guide to cancer support services

## North Western Tasmania

Where and what is available for people with cancer and their carers.

### General Support and Information

#### The Cancer Council Tasmania North Western Tasmania

Burnie - 54 Cattley St

**Contact – 03 6434 6363**

Devonport – Cnr Kempling & Oldaker St

**Contact – 03 6421 7887**

The **Cancer Support Centres** maintain an extensive library of information and resources, and trained Support Workers can provide emotional support and relevant information.

No appointment is necessary and support is available between **9:00am and 5:00pm**, Monday to Friday.

The **SunSmart Shop** offers an excellent range of well-priced hats, sunscreen and sunglasses as well as other protective products. The Shop is open **9:00am – 5:00pm** Monday to Friday.

### Cancer HelpLine

Information about cancer and support services for the cost of a local call. Available 9am - 5pm Monday to Friday

**Contact – 13 11 20**

### Cancer Council Support Groups

For meeting times, dates and further information, please phone the contact numbers given below.

#### Contact

**Cancer Council Burnie - 03 6434 6363**

**Cancer Council Devonport - 03 6421 7887**  
**(Meets Monthly)**

### Other Cancer Support Groups

#### Breast Cancer & Lymphoedema Support Group

**Contact – 6425 6628**

### Services

#### Breast Cancer Support Service

Support from trained Support Workers who have themselves experienced breast cancer. Visits are by individual request, either at home, in hospital or at Cancer Council.

#### Contact

**Devonport – 03 6421 7887**

**Burnie – 03 6434 6363**

# Quick guide to cancer support services

## Cancer Connect

Provides personalised peer support for people with cancer by matching them as closely as possible with a specially trained Support Worker who has been through a similar experience

**Contact Cancer Helpline – 13 11 20**

## Living with Cancer Education

**Contact Cancer Council Burnie – 03 6434 6363**  
**Cancer Council Devonport – 03 6421 7887**

## Cancer Plus

Aims to help Tasmanian families of children with cancer during treatment and recovery. It can provide financial assistance to reunite families who have been separated because of treatment.

**Contact Helpline – 13 11 20**

## Cancer Council Supported Programs

### Look Good... Feel Better

Is a Cosmetic industry Community Service program for men and women having treatment for with cancer. Morning workshops are held 3 times a year.

#### Contact

**Breast Care Nurse – 03 6430 6599**  
**NWRH Oncology Unit – 03 6430 6594**  
**Mersey Hospital – 6426 5425**

## Health Care Professionals/Organisations

NWRH Breast Care Nurse **6430 6599**  
NWRH Oncology Staff **6430 6594**  
Palliative Care **6440 7111**  
Hospice **6440 7110**  
**0418 127 590**

## Cancer Council Nurse

Offers support for those diagnosed with cancer and their families to deal with the distress of diagnosis and management of their treatment.

**Contact – 6421 7894 or 0408 378409**

## Prostate Cancer Support Group Ulverstone

**Contact – 6429 8425**

## Financial assistance information

**Contact Cancer HelpLine – 13 11 20**

## Bowel Cancer Support Group

**Devonport – 03 6421 7887**  
**Burnie – 03 6434 6363**

## Transport to Treatment

Provides a range of transport assistance for cancer patient and their cares.

**Contact treatment centres or Cancer HelpLine – 13 11 20**

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